

TEABOOKS EVALUATION 2018/19

Book groups for older people in Oxfordshire

"We read to know we're not alone."

William Nicholson, *Shadowlands*





What they say...

It has given me the opportunity to access books. My work kept reading difficult, books started, re-started and never finished. Going to a library puts me off as I find rows of books very off-putting. The group has widened my horizons.

I could manage two sessions a month!

I meet local people who I would not otherwise meet which is a good thing. They are all interesting people.

Our group functions very well - we laugh a lot - it's fun but serious too. A great idea.

Reading about and accepting the characters has caused me to reflect on people I know and I think has made me more tolerant.

We talk about so much more than just the book that we have read. We have interesting and lively discussions that really brighten my day. There is often a lot of laughter.

I do make more time to sit and read.

Book club is very inclusive.

I love the meetings and the way that the group has developed into a friendly and supportive set of friends.



Who they are

S moved south to be close to her daughter after her husband passed away. She first visited the book group just four weeks after moving, by which time she was feeling very homesick. She is a bubbly, active member of the group and was recently heard telling a new member that 'moving is difficult, but it gets easier all the time'. She loves the group hasn't missed any meetings since she started.

G was a physicist and likes to talk about science. He has some memory problems but always comes to the group and always asks that we read more scientific books! He will happily take away any non-fiction titles and although he can no longer read an entire book, will is always happy to contribute his thoughts, which are welcomed by the group.

K has retired from his lifelong career in sales. He lives at home with his wife, he loves retirement and keeps active. He was a founder member of the Group which started 12 months ago. He introduced us to a local author who then came and spoke to the group. He reads all the books and contributes helpfully to the discussions even if he hasn't enjoyed a particular title.



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SUMMARY

From August 2018 – July 2019

- 21 groups were active during the year
- Groups in all five Oxfordshire districts
- Total of 214 sessions held (9% increase on 2017/18)
- Total of 1288 attendances (14% increase on 2017/18)
- Over half of our participants are aged 80+ and 16% are over 90
- 100% plan to continue coming to TeaBooks
- 98% enjoy the social aspect of the group.



Report from TeaBooks Project Co-ordinator

With the launch of the UK Governments Loneliness Strategy in October 2018, social isolation within the older population remains very much in the news. Following a decade of research, policies are now being formulated to address what has been termed the biggest public health challenge of our age. At the heart of the new approaches is social prescribing, and Bookfeast's challenge for the coming year will be to ensure that GPs across Oxfordshire are aware of the TeaBooks network and how participants can benefit from joining one of our many groups.

In terms of numbers, 2018/19 has been a year of consolidation for the TeaBooks project, with almost all the groups continuing in a steady state through the year. The benefits of this stability are clear in the feedback from participants, many of whom have now been coming to the groups for more than five years. The project lost just one volunteer, who decided she would rather be a member than a group leader, and a new volunteer was quickly found to replace her. The new group opened at Cutteslowe Community Centre in Summer 2018 proved not to be viable and the volunteer agreed to open a new group in Bicester Library instead. Elsewhere, a second group started at Kidlington Library with a new volunteer, and TeaBooks took on an existing book group in sheltered accommodation in Witney, when the site manager, who had previously run the group, left.

The new group at Bicester library has proved particularly vibrant, and featured on Lily Mitchell's Radio Oxford afternoon show in Spring 2019.

As the challenge of obtaining large print books from Oxfordshire libraries continues, Bookfeast secured a grant from Oxfordshire Community Foundation Trust for four e-readers to trial during Autumn 2019. A report will be included in next year's evaluation.

A grant was also secured from OCFT for TeaBooks volunteers to attend signposting training. This will take place in Autumn 2019 and again, will be included in next year's report.

The profile of the TeaBooks project continues to grow and in Spring 2019, we were approached by the developers of new literature app called LitHits. It is the brainchild of Kirsten Shepherd-Barr, Professor of English at Oxford University, and aims to introduce readers to great literature through short excerpts via a phone or tablet. It is hoped that TeaBooks groups may be involved in trialling the app, and group leaders will eventually be able to use the app to produce excerpts to be read alongside a book each month, making the groups more accessible for older people who can no longer concentrate on an entire book, due to cognitive impairment.

Amanda Ferguson

TeaBooks Manager

October 2019





THE TEABOOKS PROJECT

Background

TeaBooks is a project for older residents of Oxfordshire, run by Oxford based charity Bookfeast. It was started in 2010 with great support from Age UK (Oxfordshire) and Oxfordshire County Libraries. It is run by two part time staff, responsible for fundraising and co-ordination of the project. There are currently 20 volunteers running the book groups.

After a successful pilot project in 2010, TeaBooks was rolled out across the county, with the aim of setting up 20 groups. The project currently has 21 groups.

How the project works

TeaBooks groups are situated in a variety of locations including community settings (eg cafes and arts centres) libraries, sheltered housing, extra care housing, residential homes and one day centre run by AGE UK.

Each group is facilitated by a trained Group Leader who volunteers to co-ordinate between 12 and 16 sessions per year, held monthly or every three weeks, depending on the wishes of the group. The Group Leader role consists of planning and facilitating sessions, helping select the books to be read, and ordering and collecting books from the library in various formats. In 2018/19 the project had between 19 and 20 volunteers.

The TeaBooks project is only viable due to the support of Oxfordshire libraries, who provide invaluable support with a specially-designed borrowing scheme and a central co-ordinator to oversee the scheme. In addition, library managers across the county assist volunteer Group Leaders in choosing and ordering books and help to track down titles in audio and large print formats where required.

All our groups operate in the same way as a traditional book group, with all members taking and reading the same title, and coming together to discuss the book at the next session. Some groups also incorporate a read-aloud session within the meeting, sharing poetry and book reviews.

The Charity

TeaBooks is a project of the charity Bookfeast. Bookfeast is passionate about providing opportunities for everyone, no matter what their age or background, to enjoy writing, reading and talking about books. Bookfeast was founded in June 2010 by Angie Prysor-Jones. Until July 2019, it also ran the Lunchbox project (reading groups in primary schools), and the annual Bookfeast schools festival in Oxford. In Autumn 2019, Bookfeast is launching the first pilot of intergenerational reading project in Kidlington, bringing 4 year olds into an Extra Care Housing Scheme, to share stories and books together.



THE NEED FOR TEABOOKS

Loneliness and social exclusion

There have been a number of studies in the last decade examining the health and welfare impacts of social isolation and loneliness in the elderly. Most studies are careful to differentiate between loneliness and social isolation, but most agree there is some overlap between the two. A report from the Office of National Statistics, ***Loneliness - What characteristics and circumstances are associated with feeling lonely?*** released in April 2018, identified those who are over 75, widowed and living with a long term health condition to be one of the most at risk groups in terms of loneliness. In Oxfordshire, we know there are over 24,000 people who are over 65 and widowed.

In 2017, the press highlighted research conducted by Sheffield Hallam University entitled ***The Oldest Old and the Risk of Social Isolation*** which examined the risk of social exclusion among those who are over 85. Using data from Understanding Society, the research found that the Oldest Old have a higher likelihood of experiencing social exclusion than people aged 65-84 and examined some of the challenges this presents to Western societies which feature ageing populations.

Also in 2017, Age Scotland and Mental Health Scotland published a policy document entitled ***Loneliness: The Public Health Challenge of our Times*** which stated:

“Loneliness is one of the leading public health challenges of our time. Research suggests more than 100,000 older people in Scotland are “chronically lonely” and it’s as damaging to health as smoking 15 cigarettes per day. If we are serious about ensuring older people enjoy a good quality of life then the prevalence of loneliness must be fully recognised and addressed.”

Almost all the research suggests that around 30% of older people are lonely sometimes, a figure which increases as the age of the survey respondents increases. For the past two years, around 30% of our TeaBooks survey respondents have agreed with the statement “I have felt lonely at some point in the past year.” This year however, the figure slightly is lower, at 22%. This lower figure could be due to a number of reasons: responses come from settings where the TeaBooks participants are more independent (eg, libraries), from younger participants or from participants who have developed better social connection, through joining activities like TeaBooks.

AGE UK’s 2014 evidence review summarises the findings of studies on the health implication of feeling lonely, which has been shown to:

- increase blood pressure and risk of cardiovascular diseases
- elevate cortisol and stress levels which weakens the immune system
- impair sleep quality (which causes memory problems) leading to negative effects on metabolic, neural and hormonal regulations,
- heighten feelings of depression, anxiety, and increased vulnerability

In addition, a study in *The Gerontologist*: ***The impact of professionally conducted cultural programs on the physical health, mental health, and social functioning of older adults***, showed that lonely individuals were more likely to visit their GP, have higher use of medication, higher incidence of falls and increased risk factors for long term health care



THE NEED FOR TEABOOKS (cont'd)

The Benefit of Cultural Engagement

Group activities and involvement in the arts have been identified as having a positive impact on mental health and wellbeing. In April 2018, Age UK's policy and research department published fascinating research on the impact of cultural and creative involvement in later life on wellbeing in a document entitled ***Creative and Cultural Activities and Wellbeing in Later Life***. The research found that not only was staying active and connected essential to wellbeing in later life, but "more striking was our finding that creative and cultural participation was the single factor that contributed the most out of all 40 of the factors we found to significantly contribute to wellbeing. "

A study published in the Journals of Gerontology entitled ***Cultural engagement is a risk-reducing factor for frailty incidence and progression in non-frail adults*** also found a proven link between cultural participation and the risk of becoming frail.

These findings were echoed in a study in America showed that older adults who create art and attend arts events have better health outcomes than adults who do neither. The report, published by National Endowment for the Arts is entitled ***Staying Engaged: Health Patterns of Older Americans Who Engage in the Arts*** and presents the first detailed look at arts participation habits, attitudes toward the arts, and related health characteristics of adults aged 55 and older. *Staying Engaged* is based on results from the Health and Retirement Study (HRS), conducted by the University of Michigan with primary support from the National Institute on Ageing within the National Institutes of Health.

Health outcomes specifically related to reading were explored in The Reading Agency's 2015 literature review ***The impact of reading for pleasure and empowerment***, which noted that for adults with health needs "There was a relatively substantial amount of research relating to links between recreational reading and health. These mostly related to changes in stress levels and relaxation, health literacy, and improvements in depression and dementia symptoms."

Also of interest was a paper published in the journal Health and Social Care entitled ***What do older people experiencing loneliness think about primary care or community based interventions to reduce loneliness? A qualitative study in England***. Crucially, the paper made two new observations about interventions to prevent loneliness which are relevant to the TeaBooks project. The first is that older people with characteristics of loneliness generally know about local resources but do not consider services they perceive as being for 'lonely older people' as desirable or helpful, and the second is that **group-based activities with a shared interest** (exactly what TeaBooks provides) are preferred to one-to-one support or social groups.



THE EVALUATION PROCESS

There has been an annual evaluation since July 2011. Previous years' evaluations are available by contacting Bookfeast on contactus@bookfeast.net.

Aims

The evaluation is designed to assess how well the project is meeting its stated aims. At the outset of the project, those aims were to provide the opportunity for older people to join a book group and to encourage them to return to reading or to read more widely. However, it became clear over time that one of the key benefits of the project is to increase social connection. For the past three years, the evaluation has tried to capture the uplift in wellbeing that this creates.

Methodology

The 2018/19 Evaluation involved gathering and analysing three sources of information – Participant Survey, Group Leader feedback and participant/volunteer case study.

1. The Participant Survey aimed to capture participant feedback about their book group with a particular focus on the impact on their wellbeing as well as their reading habits. Participants were also asked to give their overall perceptions of the group. It is understood that participant feedback will continue to be collected on an annual basis. 64 participant surveys were completed for the 2018/19 evaluation. A copy of the survey is included in Appendix A.
2. Group Leader feedback was captured via a quarterly evaluation which recorded useful statistics for the group including numbers of attendees and gender split. Leaders also fed back on specific challenges they had experienced and suggestions for improvements.
3. The case histories were supplied by a group leader based on her conversations within the group.

Limitations to methodology

All groups are asked to complete the participant feedback, but only around 50% of the groups actually do so. This means that some data, notably the profile section, will be skewed by the profile of the groups who return the questionnaires.

Additionally, there is an issue with some respondents, who have been members of TeaBooks groups for some years and who take very little care over the evaluation form as they feel it is rather a tedious exercise that they have completed several times before. This may mean the methodology needs to be redesigned going forward.



GROUP STRUCTURE

Geographical coverage (August 2018– July 2019)

5 Groups:

- Kidlington Library
- Kidlington Library II (opened September 2018)
- WRVS Banbury (community café)
- Moorside Place Extra Care Housing, Kidlington
- Bicester Library (opened October 2019)

5 Groups

- Headington Library
- Old Marston Library
- Fairfield residential home
- Summertown Library
- Parmoor Court sheltered accommodation, Summertown

3 Groups

- Carterton Library
- Highlands Day Centre, Chipping Norton
- Swinbrook Court, Witney (opened November 2018)

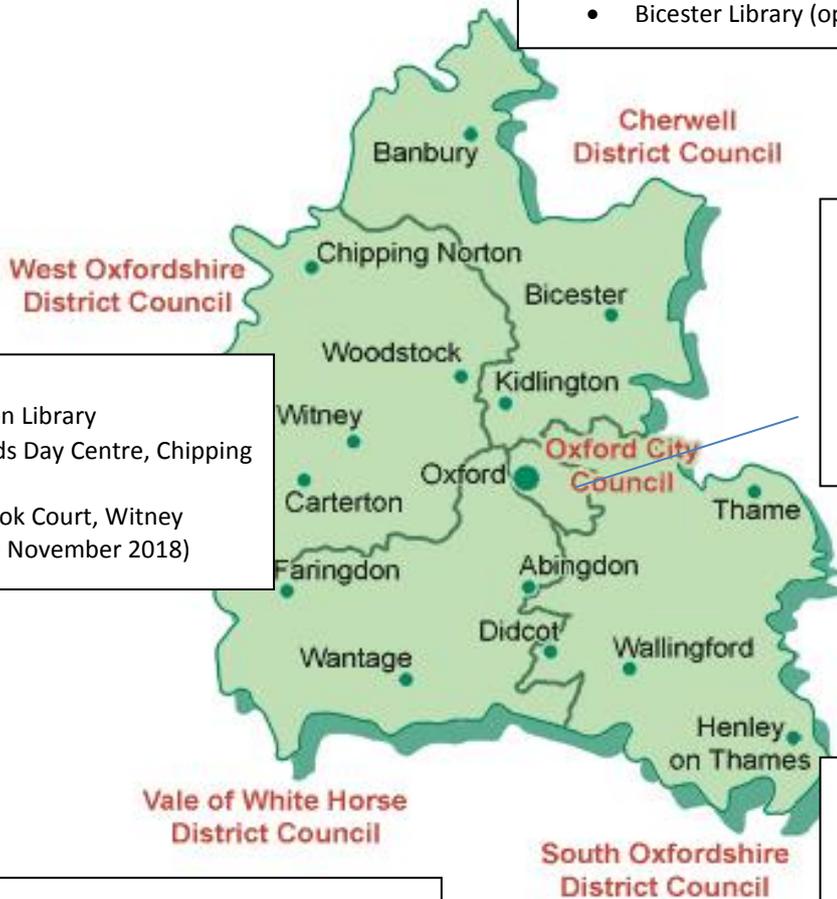
2 Groups

- Thame Library
- Cornerstone Arts Centre, Didcot

6 Groups

- Mayott House extra care housing, Abingdon
- Bridge House care home, Abingdon
- Richmond Village, Letcombe Regis
- The Bear Hotel, Wantage
- Pegasus Sheltered Accommodation, Wantage
- Field House, sheltered accommodation, Botley

The year started with 18 groups, with three new groups opening in the Autumn of 2018 – Bicester Library, Swinbrook Court sheltered housing and a second group in Kidlington Library.





GROUP STRUCTURE (cont'd)

Breakdown by setting type

Sheltered accommodation/extra-care/supported living	7
Residential/nursing home	2
Library	8
Community space (café/museum/arts centre)	3
Health and Wellbeing centre/day centre	1
Total	21

Group numbers

A total of 214 sessions were held this year.

A total of 1288 attendances were recorded.

The average size of the groups is now just over 6, with the smallest group (in a setting with high levels of dementia) having just two regular members and the largest (in a library) having 12.

The figures indicate that there is still room for increasing the reach of the project, without necessarily increasing the number of TeaBooks groups.

Libraries are a popular setting for the groups, due to their location, familiarity and accessibility, and Oxfordshire County Council Library Service has been very accommodating in supporting our groups. In their turn, the groups ensure the libraries continue to be a hub at the centre of the community.



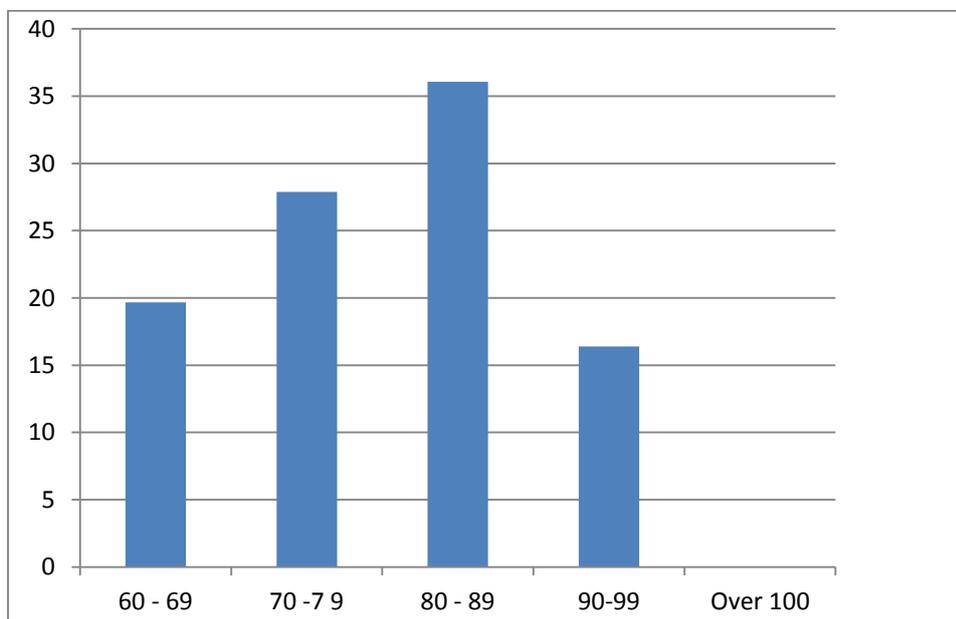
PROFILE OF PARTICIPANTS

(The following information is based on data provided via the 64 Participant Survey questionnaires completed Summer 2019).

Age and Gender

As with previous years' evaluations, the survey responses show that TeaBooks groups are mainly attended by older females, with women accounting for 90% of the participants. In terms of age, the groups continue to engage a significant number of the over 90s, often classified as a 'hard to reach' demographic.

AGE OF PARTICIPANTS



Health and Dependency

Those who reported suffering from a longstanding illness or disability dropped to 18%, compared with 32% in 2018, but more of these respondents said that the illness or disability limited their activity (80% of those with an illness or disability this year compared with 70% last year).

The percentage of those respondents who live in a residential home or who have a carer dropped to 12% (14% last year), although this may be accounted for by different groups completing the feedback forms.

Only 3% of survey respondents considered themselves to be a carer for someone else (6% in 2017/18).



PROFILE OF PARTICIPANTS (cont'd)

Reading habits

Overall, the feedback from this section of the questionnaire indicates that belonging to a TeaBooks group has a positive impact on members' reading habits.

93% of participants agreed with the statement "I enjoy discussing books at book group".

87% agreed that they read more widely than they would have done before coming to TeaBooks.

55% agreed that they thought more about what they were reading since joining.

In addition, 42% said they found reading more enjoyable and 42% said they take more interest in book reviews since joining.



CHALLENGES

Group size and location

For the past three years, around 30% of the participants said they would like to see more people join their TeaBooks group, The average size of a TeaBooks group is just over 6, which has risen slightly from last year, when it was a little under 6. Although the majority of members are not concerned about the size, feedback from Group Leaders suggests that some groups would benefit from more members.

This year, no-one asked for the group to be held in a quieter setting or for fewer members.

Book choices

16% of participants indicated they would like a wider choice of titles (down from 19% last year and 32% the previous year). The continuing decrease in this percentage is encouraging, and this may be because group leaders are now more experienced at searching the library catalogue in general and for large print titles in particular. Also, a change in library policy has meant that although fewer large print titles are being bought by OCC each year (as fewer are published), they are buying more copies of each titles, making it easier for group leaders who have more than one member needing large print. A bigger issue has been sourcing audio copies for an increasing number of participants with significant visual impairment because fewer physical audio books are being stocked up the library, as the trend towards digital audio books continues.

Audio and large print books are key to the success of the project, and have made a real difference to some members.



VOLUNTEERS

TRAINING

New volunteers are trained by the Co-ordinator and are invited to shadow other groups leaders for as long as necessary. Support continues with regular one to one meetings.

RETENTION

One volunteer who joined in 2018 left in 2019, having decided she would rather be in a book group than run one! A new volunteer was recruited to replace her. A second volunteer, who has been with the project for over three years, requested a group closer to his home, and has been replaced by a new volunteer. The new TeaBooks group in Witney was formed from an existing book group run by the housing scheme's manager. When she left, one of the residents contacted TeaBooks and agreed to run the group herself, with support from the co-ordinator. Despite the group needing a variety of formats, it continues to thrive.

All the other volunteers remained in role.

Appendix A



TEABOOKS SURVEY 2018/19.

To help us find out if the TeaBooks project is working well, we ask all our group members to complete an annual survey. This helps us to plan how to manage the project. It also helps us to explain the benefits of TeaBooks to potential funders.

Please only answer the questions which you feel comfortable answering.

All information is anonymous and individual forms will be destroyed once the figures are analysed.

1. How long have you been coming to the TeaBooks book group?

- Less than 6 months.
- 6 months to a year.
- More than a year.

READING HABITS

2. Please tick any of the statements with which you agree. If you disagree or don't feel strongly either way, please leave blank.

- I enjoy discussing books at book group.
- I find reading more enjoyable since coming to book group.
- I take more interest in book reviews since coming to book group.
- I think more about what I'm reading since coming to book group.
- Book group has encouraged me to read books I wouldn't have read otherwise.
- Book group has made no difference to my reading habits.

3. Please let us know if book group has changed your reading habits in any other way.

SOCIAL IMPACT

4. Please tick any of the statements with which you agree. If you disagree or don't feel strongly either way, please leave blank.

- I enjoy the social aspect of book group.
- I feel I have made friends with other members of the group.
- During the past year I have felt lonely at some point.
- I always feel welcome and included at book group.
- I would recommend book group to someone who was feeling lonely.
- I only come to book group when there is nothing else to do.
- I look forward to coming to book group.

5. Please tell us anything else about how book club makes you feel or how it affects you (positively or negatively).

CHANGES TO THE GROUP

6. Please tick any of the statements with which you agree. If you disagree or don't feel strongly either way, please leave blank.

- I would like the book group to have more members.
- I would like the book group to have fewer members.
- I would like the book group to be held in a quieter venue.
- I plan to continue coming to book group.
- I would like to read a wider range of titles at book group.

7. Please tell us about any other changes you would like.

ABOUT YOU

It helps us to know about the range of different people that come to TeaBooks book groups. **THIS INFORMATION IS ANONYMOUS AND CONFIDENTIAL.** Please only answer the questions that you feel comfortable answering.

8. Please tick the boxes which apply to you.

Male

Female

I suffer from a longstanding illness or disability.

I have a longstanding illness or disability that limits my activities in some way.

I am a carer for someone else (ie someone else relies on me for day to day care)

I live in a residential home.

I have a carer who visits me at home.

9. Please circle your age range:

Under 50

50-59

60-69

70-79

80-89

90-99

100 or over

THANK YOU FOR YOUR HELP!

Appendix B

Common questions about TeaBooks

Why can't older people form their own book groups or join a library group?

Most of our participants are over 80 years, most have never been in a book group and many had no idea what a book group entails. Setting up a group specifically for them, in a venue which is fully accessible and often in a place where they live (sheltered accommodation /extra care housing/residential homes) or where they often go (health and wellbeing centres) increases the likelihood of them joining in this inclusive social activity with a guaranteed degree of mental stimulation.

Why do the groups need a volunteer leader?

There are two key reasons why the volunteer group leader is essential for the success of the groups. The first is the ordering of books from library in the correct format. Few older people are comfortable with reading or listening to books electronically, so providing large print and audio copies from the library, as well as sufficient normal print copies, is essential to make the groups as inclusive as possible. Sourcing books from the library also keeps costs down, avoiding another entry barrier.

The second key reason why a volunteer is essential is the role he/she plays in facilitating group discussions, ensuring everyone feels welcome and included.

Can't the members run the group themselves after a while?

Where groups are physically and mentally active, and where they are already meeting in community settings (cafes and libraries), we are always happy to explore the possibility of them becoming an independent group, either using Oxfordshire Libraries' own reading group scheme or sourcing books in another way.

In 2016/17, the Henley TeaBooks group became a library group after their volunteer left to begin a full-time job. The TeaBooks Co-ordinator and the Oxfordshire Libraries' Librarian for Reading, Health and Culture supported the group in making the transition and choosing titles for their first annual order. However, in the past, other attempts to move groups on to a self-managing footing have not been successful, and with no-one to organise the books and arrange meetings, the groups have folded.

Is there any evidence that book groups improve the wellbeing of older people?

There are a number of studies which clearly demonstrate the health risks associated with loneliness and/or social isolation and the wellbeing boost from being involved in group activities. Additionally, other studies show that reading can increase life expectancy and overall wellbeing.

Are TeaBooks groups suitable for people living with dementia?

Most of the TeaBooks groups are run on the lines of a conventional book group, with all the members taking away a copy of the same book to read and then meeting again to discuss it a month later. Reading and recalling an entire book can be difficult for people with memory loss. However, as much of the sessions can be spent reminiscing on themes prompted by the book, or in general discussion about other books enjoyed in the past, some people with a degree of dementia may find the sessions stimulating and enjoyable

Why does TeaBooks need a paid co-ordinator?

The co-ordinator's role is to recruit, train and support volunteers, as well as to explore possibilities of new settings. Volunteers are supported with training and networking opportunities, quarterly newsletters, shared information on books enjoyed by other groups and cover for sessions if they are on holiday. The co-ordinator was contracted for 62 days in 2017/18 and is additionally supported by the Bookfeast Director, who is responsible for strategy, funding and accounts.

How is TeaBooks funded?

Funding comes from grants from charitable trusts and from Bookfeast's own fundraising. In addition, participants contribute £1 per session to help towards administration costs. For some groups, this is paid for by the setting (eg residential home) out of an activities budget. TeaBooks costs in the region of £10,000pa to run.

How many groups does TeaBooks plan for the future?

Whilst in theory there is no upper limit on the number groups, in reality, managing more than 20 groups on a part time basis is challenging for the co-ordinator.

Appendix C

Links to Research

Loneliness - What characteristics and circumstances are associated with feeling lonely? Analysis of characteristics and circumstances associated with loneliness in England using the Community Life Survey, 2016 to 2017. Office of National Statistics.

<https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/lonelinesswhatcharacteristicsandcircumstancesareassociatedwithfeelinglonely/2018-04-10>

The Oldest Old and the Risk of Social Exclusion - Sheffield Hallam report

<http://shura.shu.ac.uk/14239/1/Culliney%20-%20oldest%20old%20and%20the%20risk%20of%20social%20exclusion.pdf>

Staying Engaged: Health Patterns of Older Americans who Participate in the Arts - University of Michigan with primary support from the National Institute on Ageing within the National Institutes of Health.

https://www.arts.gov/sites/default/files/StayingEngaged_0917_0.pdf

Loneliness: The Public Health Challenge of our Times – Mental Health Foundation and Age Scotland

<https://www.mentalhealth.org.uk/publications/loneliness-public-health-challenge-our-time>

Creative and Cultural Activities and Wellbeing in Later Life – Age UK

https://www.ageuk.org.uk/globalassets/age-uk/documents/reports-and-publications/reports-and-briefings/health--wellbeing/rb_apr18_creative_and_cultural_activities_wellbeing.pdf

Cultural engagement is a risk-reducing factor for frailty incidence and progression in non-frail adults - Journals of Gerontology

<https://academic.oup.com/psychsocgerontology/advance-article/doi/10.1093/geronb/gbz004/5280637#.XDdYb1WrnsY.email>

What do older people experiencing loneliness think about primary care or community based interventions to reduce loneliness? A qualitative study in England - Health And Social Care paper

<https://onlinelibrary.wiley.com/doi/full/10.1111/hsc.12438>

Loneliness in Later Life Evidence Review - Age UK

https://www.ageuk.org.uk/globalassets/age-uk/documents/reports-and-publications/reports-and-briefings/health--wellbeing/rb_june15_loneliness_in_later_life_evidence_review.pdf

Literature review: The impact of reading for pleasure and empowerment – The Reading Agency

<https://readingagency.org.uk/news/The%20Impact%20of%20Reading%20for%20Pleasure%20and%20Empowerment.pdf>

Dynamics of Volunteering and Life Satisfaction in Midlife and Old Age: Findings from 12 European Countries - Social Sciences

<https://www.mdpi.com/2076-0760/7/5/78>

The Impact of Professionally Conducted Cultural Programs on the Physical Health, Mental Health, and Social Functioning of Older Adults

<https://academic.oup.com/gerontologist/article/46/6/726/584645>